

## Chunky Chicken Vegetable Soup10

Number of Servings: 10 (420.51 g per serving)

| Amount | Measure | Ingredient                                 |
|--------|---------|--|
| 10.00  | ea      | Chicken, broiler/fryer, thigh, w/skin, raw |
| 7 1/2  | cup     | Water, tap, municipal                      |
| 8 1/2  | tsp     | Base, chicken, low sod, 0144, FS           |
| 3 1/4  | cup     | Peas, garden, fzn                          |
| 2 1/4  | cup     | Potatoes, peeled, ckd, diced               |
| 2 1/4  | cup     | Carrots, fzn, slices                       |
| 2 1/4  | cup     | Celery, fresh, diced                       |
| 13.00  | Tbs     | Onion, white, fresh, chpd                  |
| 3 1/4  | Tbs     | Herb, parsley, dried                       |
| 1/2    | tsp     | Salt, table, iodized                       |

### Nutrients per serving

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size (421g)  |                           |
| Servings Per Container   |                           |
| Amount Per Serving   |                           |
| Calories 300   | Calories from Fat 130     |
| % Daily Value*   |                           |
| Total Fat 15g  | 23%                       |
| Saturated Fat 4.5g   | 23%                       |
| Trans Fat 0g   |                           |
| Cholesterol 80mg   | 27%                       |
| Sodium 400mg   | 17%                       |
| Total Carbohydrate 19g   | 6%                        |
| Dietary Fiber 4g   | 16%                       |
| Sugars 3g  |                           |
| Protein 21g  |                           |
| Vitamin A 90%  | Vitamin C 20%             |
| Calcium 4%   | Iron 10%                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
|  | Calories: 2,000 2,500     |
| Total Fat  | Less than 65g 80g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300 mg    |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

### Instructions

1 serving= 1 1/2 cups = 1 CS

In a saucepan, combine chicken thighs(or legs) , water, low sodium chicken base. Cook, covered until chicken is done(165F) and tender, about 1 hour. Remove chicken pieces; debone and dice chicken meat; return chicken meat to broth.

Add peas, potatoes, carrots, celery, parsley, and onion. Cover.

Return to a boil, then reduce heat and simmer until vegetables are tender.

HACCP:

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.